

Winter Classes for Seniors

- Register now at the Troy Community Center.
- All classes meet at the Community Center.
- **Low Income Scholarships:** Troy seniors 55 and older with an annual household income of \$24,450 or less for one person (\$27,950 or less for two people) can receive a 50% discount on classes - limit one class per person per season (TWO computer classes). Applications are available at the Community Center. You must submit your most recent federal or state income tax form 1040 (or Michigan Homestead form).



Stained Glass

Carlos Vazquez will teach stained glass while you make two suncatchers in class. Choose from several designs. The glass for these projects is included in the fee. You will need to purchase additional supplies and tools for a total cost of about \$60. These supplies are available at Canterbury Glass in Troy (248-619-9172). The supply list is printed on your receipt.

Act. #	Day	Time	Beg.	Ends	Wks	Fee
118957A	Tue	9:30-noon	Jan 11	Mar 1	8	\$50



Animal Drawing

Bring a photo of a favorite pet or other animal and learn how to draw it. Carlos Vazquez will teach you how to see it in simple forms, and show you how to render hair, fur and different textures. A supply list is printed on your receipt. No experience needed!

Act. #	Day	Time	Beg.	Ends	Wks	Fee
118958A	Wed	12:30-3 pm	Jan 12	Mar 2	8	\$30

"You're Fired" Ceramics and Mosaics

Step into the world of ceramics and mosaics with "You're Fired" studio owner Sallyjo Levine. You don't need to be an "artist" to make items you'll be proud of - mugs, plates, trivets, vases....and more! Take home at least six pieces by the end of the session. The price of the pieces will range from \$7 to \$20, payable at the class. You chose which pieces to work on. All supplies are included in the fee except the price of each bisque piece.

Act. #	Day	Time	Beg.	Ends	Wks	Fee
118959A	Fri	9 - 11 am	Jan 14	Mar 4	8	\$36

Tap Lessons

Beginners: No experience necessary! Learn basic steps and combinations and work on a nifty routine. Bring your old tap shoes, or come to the first class and we will suggest places to find new or used shoes.

Intermediate: For those with some experience (it doesn't have to be recent!). Learn a variety of steps and combinations and work on routines. Fun and exercise a priority. Occasional (optional) opportunities to perform as the Troy Timeless Tappers. **Instructor:** Terry Slater

Act #	Level	Day	Time	Beg.	Ends	Wks	Fee
118946A	Int.	Wed	2:30 pm	Jan 5	Mar 9	10	\$38
118946B	Adv Beg	Tue	1:15 pm	Jan 4	Mar 8	10	\$38
118946C	Beg	Tue	2:15 pm	Jan 4	Mar 8	10	\$38

Watercolor Painting Lessons

In each class, instructor Barbara Wright will cover a basic technique in the process of watercolor painting, but the aim will be to use water and paint to "let loose" your own creativity. The supply list is printed on your receipt.

Act. #	Day	Time	Beg.	Ends	Wks	Fee
118947A	Wed	10-Noon	Jan 19	Mar 23	10	\$40

Acrylic and Oil Painting Lessons

Carl Angevine teaches acrylic and oil painting for beginning to advanced students. Mr. Angevine has received 45 professional juried awards and his work has been featured in *The Artists Magazine*, a national publication. The supply list is printed on your receipt.

Act. #	Day	Time	Beg.	Ends	Wks	Fee
118934A	Tue	1-3 pm	Jan 4	Feb 22	8	\$53

Piano Keyboarding

Grace Darbro from Evola Music will teach keyboarding and basic note reading for keyboard, piano, or organ. A book may be purchased at the first class: \$10 for beginners and \$14 for intermediate. Limit: 20/class.

Fee: \$20 Weeks: 10

Act. #	Day	Level	Time	Beg.	Ends
118948A	Mon	Beg.	10-10:55 am	Jan 17	Mar 21
118948B	Mon	Int	9-9:55 am	Jan 17	Mar 21

Country Line Dance Lessons

Intermediate country line dance lessons are held each Monday from 1-3 p.m. and beginning lessons are offered on Wednesdays from 7:30-9 p.m. The drop-in fee is \$3 per person. Partners are not required. Jack Leve instructs.

Ballroom Dance Lessons

Beginning/intermediate ballroom dance lessons are offered each Wednesday from 1-2 p.m. at the Community Center. The drop-in fee is \$4 per person. You do not need a partner. Instructor: Troy Dance Studio staff.

Harmonica Lessons

Harmonica lessons are offered Mondays Sept. - June from 9:30-10 am at the Community Center. A harmonica workshop for more advanced students is offered from 9-9:30 a.m. These drop-in programs are free.



Arthritis Water Exercise

Water is an ideal environment for relieving arthritis pain and stiffness. This class offers gentle activity based on recommendations by the Arthritis Foundation. *Class is held in the lap pool. Water temperature is approximately 82-84 degrees.* \$5 per class drop-in passes available at Community Center desk.

Weeks: 10 **Instructor:** Lisa

Act. #	Day	Time	Begins	Ends	Fee
115904A	T&Th	1:45-2:35 pm	Jan 11	Mar 17	\$75



Cardio-Lite and Strength Conditioning

This low impact aerobics class is designed for those who want a good workout to improve cardio vascular conditioning without bouncing. Core strength will also be targeted to improve overall posture, balance, and stability. Bring a mat and wear exercise attire and a good pair of fitness shoes. You must be able to get down on the floor.

Weeks: 10 **Instructor:** Valerie

Act. #	Day	Time	Begins	Ends	Fee
115908A	T & Th	9-9:50 am	Jan 11	Mar 17	\$55

Pilates

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Bring a mat and one bath size towel. You must be able to get down on the floor for this class. No class February 8 and 10.

Weeks: 10 **Instructor:** Fawn.

Act. #	Day	Time	Begins	Ends	Fee
115905A	T&Th	10:45-11:35 am	Jan 11	Mar 24	\$55

Yoga

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring a mat or towel to lie on. No class the week of Jan. 17 and Feb. 14.

Instructor: Marie **Time:** 11:00 am -12:10 pm

Act. #	Day	Begins	Ends	Wks	Fee
115902A	Mon	Jan 3	Mar 21	10	\$38
115902B	Wed	Jan 5	Mar 23	10	\$38

Golf Fitness with Marilyn McCauley

This class is for golfers and non-golfers of any fitness level and is designed to enhance your everyday activities. Using bands, weights and balls, learn easy and safe exercises to develop muscle strength, coordination, flexibility and balance. Exercises are done seated and standing - no floor work. No class the week of Feb. 14.

Act. #	Day	Time	Begins	Ends	Wks	Fee
115907A	M&W	1-1:50 am	Jan 10	Mar 23	10	\$55

Muscle Strengthening

A total body workout using hand-held weights, tubing, and medicine balls. Bring a water bottle. No class the week of February 14.

Weeks: 10 **Instructor:** Lisa

Act. #	Day	Time	Begins	Ends	Fee
115900A	M&W	9-9:50 am	Jan 10	Mar 23	\$55
115900B	T&Th	10-10:50 am	Jan 11	Mar 24	\$55

Tai Chi

Enhance balance and body awareness through slow, graceful, and precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Adv.

Instructor: Kim **Day:** Mon

Act. #	Level	Time	Begins	Ends	Wks	Fee
115903A	Beg.	1-2 pm	Jan 10	Mar 14	10	\$32
115903B	Int.	3-4 pm	Jan 10	Mar 14	10	\$32
115903C	Adv.	2-3 pm	Jan 10	Mar 14	10	\$32

Gentle Aquatic Exercise

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *This class is held in the lap pool, not the therapy pool. Water temperature is approximately 82-84 degrees.* \$5 per class drop-in passes available at Community Center desk. **Weeks:** 10 **Fee:** \$75

Act. #	Day	Time	Begins	Ends	Inst
115901A	M&W	10-10:50 am	Jan 10	Mar 16	Lisa
115901B	T&Th	9-9:50 am	Jan 11	Mar 17	Jenifer
115901C	T&Th	10-10:50 am	Jan 11	Mar 17	Jenifer

Stretch and Tone

Exercise all muscle groups with both standing and floor exercises. Class meets on Mondays and Thursdays from 11-11:50 a.m. year round except when the Community Center is closed for holidays. If class is held when the instructor is absent, there will be no fee that day.

Instructor: Carol Petty

Fee: \$1 per class - punch card required. Punch cards good for 10 classes may be purchased at the Community Center front desk for \$10.

Chair Exercise

Gentle stretching and strengthening exercises, all done seated in a chair. Class meets on Tuesdays and Fridays from 11-11:50 a.m. year round except when the Community Center is closed for holidays. If class is held when no instructor is present (i.e. the video is used), there will be no fee that day. **Instructor:** Marilyn McCauley

Fee: \$1 per class - punch card required. Punch cards good for 10 classes may be purchased at the Community Center front desk for \$10.



SeniorNet
Bringing Wisdom to the Information Age.

At the SeniorNet Computer Learning Center at the Troy Community Center, classes are taught by senior volunteers. Students age 50 and older can learn to use a computer in a friendly, low-pressure environment. Class size is limited to eight students. A computer is provided for each student and a textbook is included in the fee. Register now at the Community Center or by mail using the form on page 11.

Free Retakes: Students may take a class over for free if needed. See your instructor for details.

Refunds: Refunds must be requested prior to the class start date and incur a \$10 cancellation fee.

Low Income Scholarship: Receive a 50% discount and free SeniorNet membership if you meet the guidelines on page 11.

SeniorNet Pass: SeniorNet is a nonprofit organization dedicated to teaching older adults to use computers. They require a \$40 annual pass (\$60 for two years, \$85 for three years) before enrollment in classes.

Computer Fundamentals (Recommended 1st Class)

For those who have no previous knowledge of computers or feel that technology is beyond them. Become familiar with computer basics while building self-confidence. Four two hour lessons. **Fee:** \$24 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145951I	M & W	6:30-8:30pm	Jan 3	Jan 12	2
145951J	T & Th	1-3 pm	Jan 18	Jan 27	2
145951K	T & Th	1-3 pm	Feb 8	Feb 17	2
145951L	T & Th	1-3 pm	Feb 22	Mar 3	2
145951M	T & Th	9:30-11:30am	Mar 15	Mar 24	2

Introduction to Computers (Recommended 2nd Class)

Prerequisite: *Computer Fundamentals* or some previous computer experience. This course builds on Computer Fundamentals with an introduction to Word, Internet and email. Eight two hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145952F	M & W	1-3pm	Jan 3	Jan 26	4
145952G	T & Th	9:30-11:30am	Feb 8	Mar 3	4
145952H	M & W	6:30-8:30pm	Mar 14	Apr 6	4
145952I	T & Th	1-3pm	Mar 15	Apr 7	4

Introduction to Word Processing

Prerequisite: *Introduction to Computers* or some previous computer experience. Learn to use Microsoft Word to create letters and other documents. Learn how to set margins, insert pictures, check spelling, print and more. Eight two hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145954C	T & Th	6:30-8:30pm	Jan 4	Jan 27	4

Introduction to the Internet

Learn to use email, the web, online discussions and chat rooms. Eight two hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145953D	T & Th	9:30-11:30 am	Jan 4	Jan 27	4
145953E	T & Th	6:30-8:30 pm	Feb 8	Mar 3	4
145953F	M & W	1-3 pm	Mar 14	Apr 6	4

Introduction to Genealogy

Prerequisite: *Introduction to Computers* or some previous computer experience. Learn to use *Family Tree Maker*® to create your family tree. Learn to organize data, create scrapbooks, create pedigree and descendent charts, print a family history book and share data with others. Note: The course will discuss resources available to gather family information, but its primary emphasis is learning to use the computer to help you organize and preserve facts. Eight two-hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145957B	T & Th	6:30-8:30pm	Mar 15	Apr 7	4

Photoshop Elements - An Introduction

Prerequisite: Introduction to Computers or some previous computer experience. *Photoshop Elements* is used to edit photos and other digital art to create family collages, greeting cards, family albums, etc. If you want to create family projects that include photos or have old family photos that need to be restored, this is the class for you. Four two-hour lessons. **Fee:** \$24 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145956C	M & W	6:30-8:30pm	Jan 17	Jan 26	2



Digital Imaging Using PhotoShop Elements

Prerequisite: *PhotoShop Elements - An Introduction* or prior experience with *PhotoShop Elements*. For more hands-on experience, learn to work with photos from a digital camera, scanner and other sources. Topics include restoring old photos, sharing photos online, formats for photo files, and more. Eight two hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145959C	M & W	6:30-8:30pm	Feb 7	Mar 2	4



Spreadsheets

Prerequisite: **Introduction to Computers** or some computer experience. This class uses **Microsoft Works** spreadsheet software. Use spreadsheets to manage household budgets, maintain an investment portfolio, calculate your net worth, calculate your bowling or golf league scores or track your progress on just about anything. You establish the format and the computer does the math for you. Eight two hour lessons. **Fee:** \$40 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145965A	M & W	1-3 pm	Feb 7	Mar 2	4



Buying and Selling on eBay

eBay is the world's largest online trading community offering an excellent place to buy something missing from your collection or to sell items collecting dust in storage. **Buying:** learn to search for auctions, judge a seller, bid and pay. **Selling:** learn how to set up an account, create a listing, sell an item and track your auction. Two two hour lessons. **Fee:** \$12 plus SeniorNet pass.

Act. #	Day	Time	Beg.	Ends	Wks
145964A	T & Th	1-3 pm	Jan 4	Jan 6	1
145964B	T & Th	9:30-11:30am	Mar 29	Mar 31	1

Comments About Our Instructors

Our computer instructors have received a 99% approval rating on student evaluations. Here are some comments from students about our instructors:

"Patient, helpful, knowledgeable. Made certain everyone kept pace."

"My instructor had a good sense of humor and took away my fear. An excellent teacher!"

"The instructor took the time to make sure I understood how to do each step."

"My instructor was excellent. Capable, patient and knowledgeable"

"A great teacher who knows how to teach seniors that do not have any computer experience."

Would you like to volunteer as an instructor or a coach?

Please fill out a volunteer application at the Community Center and we will contact you with more information.

Computer Club

The Computer Club meets on the first Wednesday of each month at 10 a.m. in the computer lab at the Community Center. Members share their expertise, host guest speakers and have open discussions. Reservations are not required and there is no charge.

Drop-In Computer Lab

The lab is open for drop-in use as follows:

Mondays, Wednesdays* and Fridays from 9:30 a.m. to noon

Drop in to type and print a letter, use the Internet, play games, or practice what you are learning in class. The staff for drop-in lab are volunteers. These hours are subject to change based on volunteer availability. There are eight computers, and use will be on a first come basis limited to one hour if anyone is waiting. Volunteers will assist you if you have a question.

*Except the 1st Wednesday - Computer Club

Additional Computers Available at Library

The Troy Library has four computers with Microsoft Office only, 23 computers with Internet and Office, and 20 with Internet access available for free use during regular library hours. Call 524-3542 for more information.

Rules for Computer Use

- You may not install software on these computers.
- You may not download files on these computers.
- If you would like to save your work, bring a disk from home or purchase a disk at the Community Center desk for \$1 each and save your work to your own personal disk. You may not save files on these computers.

House Calls Available

These individuals will come to your home for a nominal fee and help you set up a computer, install software, set up an Internet account, etc. Please call them to make arrangements:

Richard DeArment	248-709-4949
Gene Goldsworthy	248-689-1478
Rita Knorr	248-689-8454
Albert Skomski	248-879-2395
Tom Telotte	248-689-3385
Lee Watkins	248-689-7613